

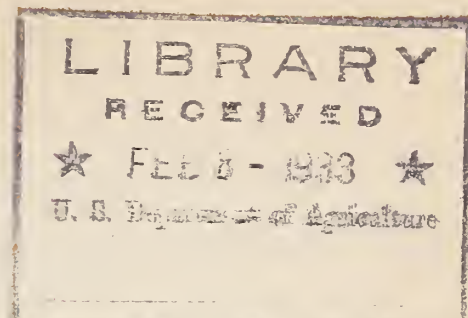
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Press Service,  
U. S. D. A.

GOOD KITCHEN EQUIPMENT  
SAVES FOOD AND FUEL  
Part 1.



Perhaps you've never thought of the purchase of good kitchen equipment as an economy measure. But in the case of even the smaller utensils it may prove to be a means of saving elsewhere if you have just the right tool or container to work with. Of course good kitchen tools are a satisfaction to every housekeeper and there is no doubt but that they save time and energy in doing the work. The sense of rapid, efficient accomplishment goes a long way toward making work enjoyable and speeding up the most necessary tasks to make room for others.

However, mere satisfaction in one's kitchen utensils is not the whole story. The right equipment saves both fuel and food and so saves money. Proper care of all equipment is of course part of economical management, to prevent replacement. Good construction and shape and durable materials are important in all kinds of kitchen ware. In choosing saucepans see that they are the right shape, with straight sides, to fit over the whole burner on the gas or oil stove or electric range. This saves fuel by utilizing all the heat and enables you to cook with less heat or for a shorter time.

The Bureau of Home Economics of the U.S. Department of Agriculture has some other suggestions about the choice of kitchen ware. In regard to saucepans, the bureau points out that aluminum, stainless steel and enamel saucepans can be used on any stove. While aluminum and stainless steel are more expensive at first, they are more endurable than enamel. Stamped aluminum is thinner and lighter than cast aluminum and less expensive. If very thin, however, it dents and bends easily and is not durable.

Enamel saucepans are made of iron coated with enamel. They are light and easily cleaned and the better grades are nonabsorbent and are not affected by food

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acids. They come in many attractive colors to harmonize with the kitchen. If used with care they give good service, but if allowed to become dry or overheated the enamel will crack and chip off, sometimes in the food.

When we speak of iron cooking utensils we usually mean cast-iron. Frying pans, waffle irons, popover pans and corn-stick molds are very satisfactory when made of iron. Although heavy to handle they heat evenly and transfer their heat quickly. Keep iron utensils dry or oil them to prevent rust. Galvanized iron is iron coated with zinc to prevent rust. It is all right for a flour pail, but never use galvanized iron for cooking.

Baking dishes of different sizes and materials are food savers. They are made of oven-tempered glass or earthenware and sometimes of enamel ware. Although glass ovenware may seem expensive at first, it gives long service if rightly used. Never subject a glass baking dish to sudden changes in temperature -- out of a hot oven into cold water, for example, or into a cold draft. Cool it off gradually, And don't put a chilled glass baking dish out of the refrigerator into a very hot oven, either. Glassware is easy to clean, holds heat well, and is not acted upon by acids.

Glass saucepan lids are relatively new and very useful in cooking such foods as dumplings, which are steamed, and which must not be disturbed until the cooking is finished.

Earthenware oven utensils serve about the same purposes as oven-tempered glass. Poorer grades absorb flavors and odors from foods. But good earthenware casseroles, beanpots, coffee and tea pots, custard cups, mixing bowls, and shallow baking dishes are very useful. Both glass and earthenware baking dishes save food by enabling you to reheat leftovers attractively.



